



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19088, Ice creams, vanilla, light

Report Date: June 26, 2017 17:12 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1/2 cup 76g
Proximates					
Water	g	59.85	--	--	45.49
Energy	kcal	180	--	--	137
Energy	kJ	755	--	--	574
Protein	g	4.78	3	0.047	3.63
Total lipid (fat)	g	4.83	3	0.370	3.67
Ash	g	1.07	--	--	0.81
Carbohydrate, by difference	g	29.46	--	--	22.39
Fiber, total dietary	g	0.3	3	0.092	0.2
Sugars, total	g	22.12	3	0.513	16.81
Minerals					
Calcium, Ca	mg	161	3	4.057	122
Iron, Fe	mg	0.19	3	0.073	0.14
Magnesium, Mg 1 2 3 4 5 6 7	mg	14	18	0.419	11
Phosphorus, P 1 2 3 4 5 6 7	mg	103	18	3.694	78
Potassium, K 1 2 3 4 5 6 7	mg	208	18	6.828	158
Sodium, Na 1 2 3 4 5 6 7	mg	74	18	2.417	56
Zinc, Zn 1 2 3 4 5 6 7	mg	0.73	18	0.353	0.55
Copper, Cu	mg	0.017	--	--	0.013
Manganese, Mn	mg	0.005	--	--	0.004
Selenium, Se 1 2 3 4 5 6 7	μg	2.0	16	0.714	1.5
Fluoride, F	μg	5.3	--	--	4.0
Vitamins					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1/2 cup 76g
Vitamin C, total ascorbic acid	mg	1.2	3	0.237	0.9
Thiamin	mg	0.053	--	--	0.040
Riboflavin	mg	0.255	--	--	0.194
Niacin	mg	0.136	--	--	0.103
Pantothenic acid	mg	0.481	--	--	0.366
Vitamin B-6	mg	0.045	--	--	0.034
Folate, total	µg	6	--	--	5
Folic acid	µg	0	--	--	0
Folate, food	µg	6	--	--	5
Folate, DFE	µg	6	--	--	5
Choline, total	mg	26.0	--	--	19.8
Vitamin B-12	µg	0.47	--	--	0.36
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	128	--	--	97
Retinol	µg	127	--	--	97
Carotene, beta	µg	14	--	--	11
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	448	3	21.349	340
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.12	--	--	0.09
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.1
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	0.1
Vitamin D	IU	4	--	--	3
Vitamin K (phylloquinone)	µg	0.4	--	--	0.3
Lipids					
Fatty acids, total saturated	g	2.927	3	0.154	2.225
4:0	g	0.141	--	--	0.107
6:0	g	0.099	--	--	0.075
8:0	g	0.074	--	--	0.056
10:0	g	0.117	--	--	0.089

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1/2 cup 76g
12:0	g	0.127	--	--	0.097
13:0	g	0.000	--	--	0.000
14:0	g	0.471	--	--	0.358
15:0	g	0.000	--	--	0.000
16:0	g	1.260	--	--	0.958
17:0	g	0.000	--	--	0.000
18:0	g	0.570	--	--	0.433
20:0	g	0.000	--	--	0.000
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	1.281	--	--	0.974
14:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.070	--	--	0.053
18:1 undifferentiated	g	1.211	--	--	0.920
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.219	--	--	0.166
18:2 undifferentiated	g	0.134	--	--	0.102
18:3 undifferentiated	g	0.085	--	--	0.065
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	27	3	12.719	21

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

⁶*Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993*

⁷*Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994*